

IMCOM commander checks in with USAG-HI community

Lt. Gen. Kenneth R. Dahl, commander, IMCOM, talks about his time serving in Hawaii during his visit to the Oahu Army Natural Resources Program, Tuesday. Dahl spoke with OANR staff at their greenhouse and learned how they are growing endangered plant species.

Story and photo by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Installation personnel had the chance to directly talk to Lt. Gen. Kenneth R. Dahl, commander, U.S. Army Installation Management Command, during a visit, Tuesday.

Dahl described himself as neither a visitor nor a tourist, but as someone who can help Hawaii Soldiers, their families and civilian workers. Dahl will be able to report back to higher Department of Defense leaders and help policymakers in plotting out budgets and other programs for the future. With USAG-HI as the one of 40 installations he's traveled to, Dahl said each facility has different features but all share a common opportunity.

"Both U.S. Army Pacific and USAG-HI in many ways face the similar challenges of all installations," he said. "There are concerns about infrastructure, reduc-

tion of resources, money and manpower. I've enjoyed seeing all various actors in Hawaii come together, link arms and accomplish as much as they can together in a resource environment like this."

Dahl's visit is a return after previously being stationed in Hawaii from 1998 to 2000. He served as the battalion commander of 2nd Battalion, 11th Field Artillery, 2nd Brigade Combat Team, 25th Infantry Division.

After having a dialogue with senior unit leaders, Dahl also walked through the Martinez Physical Fitness Center, Tropics Recreation Center and several barracks. Although there are budget and personnel concerns, Dahl said he's confident in the leadership at 25th ID and other Hawaii units to find out where to focus their priorities.

"The 25th ID represents a significant amount of combat power and land capabilities for the Pacific," Dahl said. "There

are two things 25th ID should always be considering. They should be ensuring the readiness of individual Soldiers, so they're resilient and prepared for the mission. The units as a whole also need to understand the mission and become highly trained to do it. They need to be experts at moving their equipment and Soldiers quickly, crafting logistics and readying families to sustain while a Soldier is away."

During his trip he spoke directly with senior leaders, junior Soldiers and civilian employees to find out the effectiveness of current policies. Dahl said feedback from each installation could help better define overall Army strategy and identify what would work best in regionalized policies.

"Getting this feedback is the most important for us, so we know what to continue to do or what to double down on for sustained investment," he said.

Among the areas where help from Hawaii Army forces have been successful has been with the Oahu Army Natural Resource Program. Dahl learned from OANR staff about how the Army has been a partner in protecting and fostering Hawaii's unique plants and animals to survive in the future.

Although Dahl realizes that Hawaii Soldiers do face stress and challenges, he said the best method to deal with it is to look at the opportunities. He said it's important for Soldiers who are facing adversity to adjust their expectations to overcome their struggles.

"Focus on the positives and mine the good stuff," he said. "You are living in Hawaii. It is paradise, a beautiful place, a beautiful climate and in rich culture. Take the opportunity to learn as much as you can, understand its history and people. Understand that this opportunity is fleeting."

SECARMY memo addresses election year political activities

ERIC K. FANNING
Secretary of the Army

The 2016 election season is upon us, with the U.S. general election scheduled for Nov. 8.

As always, to reinforce the confidence that the nation has in the Army and its leaders, we must maintain the highest standards of public service and avoid even a minor perception of impropriety. I am, therefore, issuing this memorandum to reinforce the Army's existing policies with respect to transition and political activities. Addressees should ensure that their subordinates comply with law and policy governing political activities, including guidance in this memorandum.

Transition

Until further notice, Department of the Army personnel are prohibited from engaging with potential presidential candidates and their authorized representatives on any matter related to their official duties under any circumstances. DA personnel shall report any contact from potential presidential candidates and



Fanning

their campaigns immediately to the administrative assistant to the Secretary of the Army, who is the Army's Transition Assistance Coordinator.

Political activities

All Army personnel should be aware of existing limitations in partisan political activity. In addition to reviewing this memorandum and the written guidance enclosed which summarizes the limitations on partisan political activity, presidential appointed, Senate-confirmed officials (only within the Army Secretariat); general officers; non-career and career Senior Executive Service employees; and Schedule C political appointees will receive a live briefing from their local ethics counselor on the Hatch Act and

DoD policy governing commanders, using their ethics office as a resource, will schedule training and complete it by July 15, if practicable.

During the election cycle all DoD personnel - military and civilian - should be aware of the various limitations that exist when it comes to participation in political activity.

Social Media

Civilian and military personnel may generally express their personal views on public issues or political candidates via social media platforms, such as Facebook, Twitter, or personal blogs, much the same as they would be permitted to write a letter to the editor of a newspaper. If, when expressing a personal opinion, personnel are identified by a social media site as DoD employees, the posting must clearly and prominently state that the views expressed are those of the individual only and not of the Department of Defense.

Further restricted employees are expressly prohibited from participating in

political activity. Specifically, further restricted employees are prohibited from engaging in any political activity which is "in concert" with a political party, partisan political group, or candidate for partisan political office. "In concert" activity is any activity that is sponsored or supported by a political party, partisan political group, or candidate for partisan political office. Prohibited activities also include soliciting or receiving political contributions. Further restricted employees may, however, express their personal opinions, make monetary contributions to a campaign, and attend, but not actively participate in, campaign events or fundraising functions sponsored by candidates for partisan political office or political parties.

(Editor's note: A quick summary of the rules and links to substantive guidance for military and civilian personnel is posted with this article at www.hawaiiarmyweekly.com, along with additional information about the Hatch Act, and "Further" and "Less" restricted rules regarding partisan politics.)

New reserve center, troop store opens for Saipan Reservists, families

Story and photo by
SGT. JESSICA A. DUVERNAY
305th Mobile Public Affairs Detachment
9th Mission Support Command

PUERTO RICO VILLAGE, Saipan — U.S. Army Reserve Soldiers who live and work on the beautiful island of Saipan will be getting a much-needed upgrade to their reserve center and adjacent troop store in the coming months.

Brig. Gen. Stephen K. Curda, commander, 9th Mission Support Command, officiated the groundbreaking ceremony for the facility revitalization of the Saipan USAR Center and adjacent Army and Air Force Exchange Service troop store, Monday.

"Your support for these citizen Soldiers is vital to their success here as we continue to build on the strengths of their small, but mighty, team," Curda said, thanking Mike Tenorio, representative for Rep. Gregorio Kilili Camacho Sablan; Viola Alepuyo, Civilian Aide to the Secretary of the Army, and other local officials in attendance.

Guest speakers included Victor Hocog, Lt. Governor, Commonwealth of the Northern Mariana Islands; Navy Capt. Stephanie Jones, regional engineer, Naval

Facilities Joint Region Marianas; and Rick Fair, AAFES regional manager for Guam, Saipan and Korea.

Construction of both the USAR facility revitalization and the AAFES troop store is scheduled to be totally completed by March 2017.

The Saipan USAR Center revitalization project accomplishes three objectives:

- It drastically improves the safety environment, by fortifying the structure from extreme weather conditions such as seasonal typhoons common to the area
- It triples the existing training area by adding 3,000 square feet of space for administration offices, classrooms and maintenance areas
- It supports the Army's energy net zero initiatives by outfitting the center with solar panels, a solar water heater and energy efficient lighting

The construction phase of the revitalization project comes after a lengthy planning and assessment phase. Due to the center's location among numerous World War II historic sites and battlegrounds, a thorough environmental impact study was completed to ensure that it would be safe to perform construction on site. The discovery of ordnance between the



Leaders from the 9th MSC and the Commonwealth of the Northern Mariana Islands, as well as other state officials and management personnel from AAFES, break ground during a ceremony at the Saipan U.S. Army Reserve Center's, Monday.

reserve center's original two structures affirmed the need for the revitalization.

The Theater Support Group-Pacific, headquartered and co-located with the 9th MSC at Fort Shafter Flats, Hawaii, is overseeing the construction project. The TSG provides continuous base operations sustainment, facility maintenance management and Soldier support to en-

hance the 9th MSC readiness throughout the U.S. Army Pacific Command area of responsibility.

"These dramatic improvements will boost the morale and readiness of these Soldiers," Curda said. "(It will) serve as a recruiting tool for young adults entering the work force, whose drill pay contributes to local economy."



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EXERCISE - EXERCISE - EXERCISE!



Photos by Kristen Wong, Oahu Publications
Above, roleplayers pound on the walls of Bldg. 6037. Right, Spc. Brook Rouse (right), an accounting technician and Pfc. Patrick Macatlang, chemical, biological, radiological, nuclear, both with the 8th Theater Sustainment Command, act as Hawaii residents demanding food from the Army, Wednesday. Simulating the aftermath of a tsunami, 8th TSC Soldiers volunteered to be roleplayers as part of the Hawaii Full Scale Exercise. Each year, U.S. Army Garrison-Hawaii, U.S. Army-Pacific, U.S. Army-Hawaii and Installation Management Command-Hawaii learn how to respond to emergencies with these exercises.



Personnel from Logistics Readiness Center attempt to speak to the roleplayers.



SECDEF crafts policy supporting transgender

DEPARTMENT OF DEFENSE
News Release

WASHINGTON — Secretary of Defense Ash Carter announced that transgender individuals will now be able to openly serve in the U.S. armed forces.

The DoD policy announced June 30 also establishes a construct by which service members may transition gender while serving, sets standards for medical care and outlines responsibilities for military services and commanders to develop and implement guidance, training and specific policies in the near and long-term.

“This is the right thing to do for our people and for the force,” Carter said. “We’re talking about talented Americans who are serving with distinction or who want the opportunity to serve. We can’t allow barriers unrelated to a person’s qualifications prevent us from recruiting and retaining those who can best accomplish the mission.”

The policy will be phased in during a one-year period. Effective immediately, service members may no longer be involuntarily separated, discharged or denied reenlistment solely on the basis of gender identity. Service members currently on duty



Carter

At this point, the services will be required to provide medically necessary care and treatment to transgender service members according to the medical protocol and guidance, and may begin changing gender markers in DEERS. Prior to Oct. 1, 2016, requests for medical treatment will be handled on a case-by-case basis consistent with the spirit of the Directive Type Memorandum and the DoD Instruction issued today.

Over the course of the next year, the Department will finalize force training plans and implementation guidance, revise

will be able to serve openly.

Not later than Oct. 1, 2016, DoD will create and distribute a commanders’ training handbook, medical protocol and guidance for changing a service member’s gender in the Defense Eligibility Enrollment System (DEERS).

regulations and forms, and train the force, including commanders, human resources specialists, recruiters and service members. Acting Under Secretary of Defense for Personnel and Readiness Peter Levine will work with the military services to monitor and oversee this effort.

At one year, the services will begin allowing transgender individuals to join the armed forces, assuming they meet accession standards. In addition, an otherwise-qualified individual’s gender identity will not be considered a bar to admission to a military service academy, or participation in the Reserve Officers’ Training Corps or any other accession program if the individual meets the new criteria.

The full policy must be completely implemented no later than July 1, 2017.

To support service members, medical professionals and commanders during the implementation period, the DoD has set up a central coordination cell which will serve as a central point of contact for technical questions and concerns. The coordination cell is made up of legal experts, policy experts and medical professionals familiar with the issue.

Policy implementation Fact Sheet

The Secretary’s announcement on open service by transgender individuals involves two key documents. The first is a Directive Type Memorandum that outlines DoD policy with respect to military service by transgender individuals. The second document is a DoD Instruction detailing the procedures by which a serving transgender service member may transition gender. Both documents reflect the DoD’s finding that open service by transgender service members, while being subject to the same standards and procedures as other members with regard to their medical fitness for duty, physical fitness, uniform and grooming, deployability and retention, is consistent with military readiness. The DoD is ending the ban on transgender Americans serving in the U.S. military:

- This policy was crafted through a comprehensive and inclusive process.
- Effective immediately, transgender service members may serve openly, and they can no longer be discharged or otherwise separated from the military solely for being transgender individuals.
- These policies will be implemented in stages over the next 12 months—starting most immediately with addressing the needs of current service members and their commanders, and followed by training for the entire force, and ultimately, beginning to admit transgender recruits.

Starting today:

- Otherwise qualified service members can no longer be involuntarily separated, discharged, or denied reenlistment or continuation of service solely for being transgender individuals.

No later than Oct. 1:

- The Department will issue a training handbook for commanders, transgender service members, and the force.
- The Department will issue medical guidance for providing transition related care to transgender service members.
- The Military Health System will be required to provide transgender service members with all medically necessary care related to gender transition, based on the guidance that is issued.
- Service members will be able to begin the process to officially change their gender in our personnel management systems.

October 2016 – June 2017:

- Based on detailed guidance and training materials that will be issued, the services will conduct training of the force.

Not later than 1 year from now (July 1, 2017):

- When the training of the force is complete, the military services will begin accessing transgender applicants who meet all standards — holding them to the same physical and mental fitness standards as everyone else who wants to join the military.
- The gender identity of an otherwise qualified individual will not bar them from joining the military, from admission to our Service Academies, or from participating in ROTC or any other accession program.

- Our initial accession policy will require an individual to have completed any medical treatment that their doctor has determined is necessary in connection with their gender transition, and to have been stable in their preferred gender for 18 months, as certified by their doctor, before they can enter the military.

- This standard will be reviewed no later than 24 months from July 1, 2016 to ensure it reflects what more we learn as this is implemented, as well as the most updated medical information.

Policy Highlights

- Service members with a diagnosis from a military medical provider indicating that gender transition is medically necessary will be provided medical care and treatment for the diagnosed medical condition, in the same manner as other medical care.

- Gender transition in the military begins when a service member receives a diagnosis from a military medical provider indicating that gender transition is medically necessary, and concludes when the Service member’s gender marker is changed in the Defense Enrollment Eligibility Reporting System and the service member serves and is recognized in the preferred gender.

- At that point, the service member is responsible for meeting all applicable military standards in the preferred gender and will use berthing, bathroom, and shower facilities associated with their gender.

- Any discrimination against a service member based on their gender identity is sex discrimination.

Voices of Ohana

Since July 17 is National Ice Cream Day, we wondered,

“What’s the strangest flavor of ice cream you’ve ever had?”

By Spc. Nikko-Angelo Matos, 311th Signal Command



“Stifler’s Mom,” from The Ice Cream Store in Rehoboth Beach, Del. It consisted of brown sugar vanilla ice cream, cayenne pepper, candied pecans and a caramel whipped topping.”
Spc. Matthew Adams
Paralegal
Staff Judge Advocate
311th SC (T)



“Maple bacon was the strangest flavor of ice cream for me.”
Cadet Gabriela Busby
Human resources clerk, G-1
311th SC (T)



“The strangest ice cream I’ve tasted was mocha. Mainly because the texture itself was bizarre to me.”
Spc. Jacob Kohrs
Multimedia illustrator
311th SC (T)



“For me, the weirdest flavor of ice cream I’ve had was green tea.”
Spc. Jaleisha Malcolm
Executive assistant
Command Group,
311th SC (T)



“The strangest flavor of ice cream I’ve tasted was pistachio.”
Sgt. 1st Class Jason Strange
Finance manager,
311th SC (T)

Hoyman leads as USACE Honolulu commander

Story and photos by
DINO W. BUCHANAN
U.S. Army Corps of Engineers-Honolulu District

FORT SHAFTER — Lt. Col. James D. Hoyman accepted command of the U.S. Army Corps of Engineers-Honolulu District from Lt. Col. Christopher W. Crary, Monday, on Palm Circle parade field.

Hoyman will command an organization of more than 300 engineers, scientists and support staff serving the Pacific Region, including Hawaii, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands and Kwajalein in the Republic of the Marshall Islands.

He most recently served at Wheaton College, Ill., as the professor of military science. During this time leading the ROTC detachment at Wheaton, the program commissioned 78 Army officers. He graduated from West Point in 1998 with a Bachelor of Science in civil engineering and was commissioned into the USACE. Hoyman also holds master's degrees in engineering management from Missouri University of Science and Technology, and in organizational psychology from Columbia University. Hoyman



Hoyman



New Honolulu District commander Lt. Col. James D. Hoyman (right) addresses attendees during the Honolulu District change of command ceremony on Palm Circle.

is also a graduate of the engineer basic and advanced courses, the Command and General Staff College, is Air Assault qualified, a Sapper Leader Course graduate and a licensed professional engineer in the state of Colorado. Honolulu District is responsible for major military design and construction, civil works, international and interagency support, real estate services for the Army and Air Force, regulatory work, environmental services and emergency management. The District's current active program is valued at about \$2 billion.

During his tenure at Honolulu District, Crary met the challenge of successfully leading the District in executing all mission requirements: Military construction, civil works, international and interagency services, real estate, regulatory, environmental services and emergency management support. He led a highly motivated staff in support of Army military construction and initiatives.

In addition, in support of USACE Headquarters Emergency Management disaster requirements, Crary led the District through the preparations and potential FEMA response for 13 typhoons and tropical storms that passed the Hawaiian Islands during the summer of 2015 (the most in one season in recorded history).

Crary was also highly involved in the MATHCOUNTS competitions, numerous STEM (science, technology, engineering and mathematics) education-oriented outreach events such as the University of Hawaii-Manoa College of Engineering Career fairs, the annual National Engineers Week, the Hawaii Science Olympiad, as well as many District personnel trips for speaking about the Corps to potential future engineers at local schools.

For his outstanding work and contributions while commanding the Honolulu District, Crary received the Meritorious Service Medal. He leaves to serve in Pacific Command's Logistics, Engineering and Security Cooperation Directorate.

8th TSC changes command, hails Davidson, farewells Dorman

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — The Pacific Theater's senior Army logistics unit changed leadership, on Hamilton Field, here.

Maj. Gen. Edward F. Dorman III relinquished command of the 8th Theater Sustainment Command to Maj. Gen. Susan Davidson, July 8.

"With the tyranny of distance, the frequency of natural disasters and the number of places where we have Soldiers operating in any given week, logistics and sustainment of our forces is an enduring decisive operation in our theater," said Gen. Robert Brown, commander, U.S. Army Pacific. "Over and over again, we have relied on this command and (Maj. Gen.) Ed Dorman to sustain the Army and the joint team in this expansive Indo-Asia-Pacific region, and you have never failed us."

Dorman departs to MacDill Air Force Base in Tampa, Fla., where he will become the J4 director for logistics, U.S.

Army Central Command.

"Davidson brings an incredible wealth of experience," Brown continued. "She is no stranger to Hawaii, having served in several key positions in the 25th Infantry Division, as well as commanding the 599th Transportation Group, Military Surface Deployment and Distribution Command at Wheeler Army Airfield."

Davidson last served as the commanding general of the SDDC at Scott Air Force Base, Ill.

"In this theater, where 'Fight Tonight' is not a slogan, but a way of life, the troopers on the field have truly personified this thought, demonstrating daily the qualities of practical intelligence, of courage, of hardihood and endurance, and the power of devotion to this lofty ideal," Dorman said. "Professional, responsive, engaged, mission enhancing, innovative, ensuring readiness and relevant."

Davidson said she is glad to be back in Hawaii in support of Pacific warriors.

"To U.S. Army Pacific and to all the members of 8th TSC, I pledge to do my



Photo by Staff Sgt. Taresha Hill, 8th MP Brigade Public Affairs

Maj. Gen. Susan Davidson accepts the guidon of the 8th TSC from Gen. Robert Brown, commander, USARPAC, during a change of command ceremony, July 8, on Schofield Barracks' Hamilton Field. Davidson last served as the commander of the SDDC at Scott AFB, Ill.

very best for you every minute of this amazing opportunity," Davidson said. "I can't wait to get started. I will not let

you down."
(Editor's note: Read about the 8th TSC's mission below.)

Sustainment mission command in a globally distributed environment

MAJ. GEN. EDWARD F. DORMAN III
Army Sustainment Magazine

In the vast, noncontiguous Pacific theater, the 8th Theater Sustainment Command is responsible for building and sustaining land component and joint force readiness despite the "tyranny of distance." This globally distributed environment includes multiple theaters of operations full of geopolitical intricacies. Almost 25 percent of the U.S. active duty military force is in the Pacific theater, spread across 16 time zones.

What the 8th TSC does not have is direct mission command relationships with subordinate enabling formations. Through a combination of directed authority, sustainment integration, designated roles and duties, and relationships and influence, the 8th TSC controls a supply pipeline that it does not own.

There may be a misconception that "sustainment mission command" is synonymous with the "single logistics command and control" that the 8th TSC lacks. But how the 8th TSC adheres to the six principles of the mission command philosophy - building cohesive teams through mutual trust, creating a shared understanding, providing a clear commander's intent, exercising disciplined initiative, using mission orders, and accepting prudent risk - proves that sustainment mission command is really no different than any other form of mission command.

The Value of Influence

Sustainment in the Pacific theater is based on operational art rather than tactical function. The purpose of the mission

command warfighting function is to synchronize, integrate, and coordinate the other warfighting functions at precisely the right time and place to meet the objective so that Army forces can seize, retain, and exploit disciplined initiative within the commander's intent to gain the advantage over our adversaries and create conditions for favorable outcomes.

Sustainment mission command in the Pacific begins with a complete understanding of the U.S. Pacific Command and U.S. Army Pacific commanders' intents for the current operation. The 8th TSC serves as the operational conduit from the tactical level to the strategic level of sustainment. One substantial way this occurs is through the PACOM Joint Logistics Hui. (Hui is a Hawaiian word that means community meeting or assembly.)

As the land component and joint force senior logistics synchronizer in the area of responsibility, I chair the Joint Logistics Hui, which is a meeting with joint sustainment leaders in the Pacific and other key stakeholders to assess requirements. The leaders discuss and agree on priorities, where to accept prudent risk, and how to decentralize execution of programs, policies, operations, activities and actions.

The Joint Logistics Hui shows how the 8th TSC applies the principles of mission command across all echelons by harnessing its operational influence rather than exerting direct control. A shared understanding of roles, responsibilities, and authorities enables leaders to synchronize, integrate, and coordinate the numerous enabling formations into tailored support and supply distribution.

This, in turn, ensures freedom of ac-

tion, extended operational reach, and prolonged endurance, which give the warfighting commander the assurance that his requirements are anticipated and understood and will be in the right place, at the right time to achieve his effects.

Furthermore, the Joint Logistics Hui develops teams, both within the TSC and with unified action partners, who will directly inform and influence follow-on joint boards, bureaus, centers, cells, and working groups. For example, the PACOM J-4 will influence the J-3 to issue certain orders.

In this way, centralized planning enables joint complementary decentralized execution while ensuring that mission command remains a commander-centric activity even in a globally distributed environment.

Relationships Matter

The 8th TSC relies on several specific relationships to synchronize the warfighting functions necessary to deliver sustainment effects as we prepare for rapid transitions to crises and contingencies. We build these relationships through senior-leader engagements, tabletop seminars, and leader development programs--all of which educate the force, allow for greater shared understanding, and provide a logistics common operational picture.

Key sustainment relationships in the Pacific must include allies and partners, the U.S. Agency for International Development, embassy country teams, and other joint, interagency, intergovernmental, and multinational partners in order to overcome mission command challenges.

The commander's intent drives how

national partners and industry partners, link the modal exterior lines of communication to the operational and tactical interior lines of communication. This requires significant team-building across the services, the joint logistics enterprise, and warfighting headquarters.

Summits and conferences supplement and further assess the overall effectiveness of our systems, processes, and reporting procedures in a globally distributed environment.

The 8th TSC hosted the Pacific Sustainment Sourcing Conference in April 2016 to identify fiscal year 2017 training opportunities for reserve component units. These opportunities will strengthen sustainment options in the area of responsibility, increase readiness, and drive long-range planning for future operations, activities, and actions.

Because practicing on systems and tasks further strengthens relationships, the 8th TSC regularly participates in more than 10 service and joint exercises. The exercises range from training full main command posts to response cells. These events provide opportunities to practice boards, bureaus, centers, cells, and working groups and link training plans and objectives across multiple echelons.

Any investment in building relationships facilitates greater integration, coordination, and synchronization, to enhance sustainment mission command.

(Editor's note: Dorman was the commander, 8th TSC, until July 8. He now goes on to be the J4, U.S. Central Command. Col. Phillip Mead, Maj. Marc Vielledent and Master Sgt. Matthew Davio contributed to this article. See part two next week.)

USACE-POD staff, community greets new commander at ceremony

TERRI KOJIMA
U.S. Army Corps of Engineers-Pacific Ocean Div.

FORT SHAFTER — With the passing of the ceremonial flag symbolizing the official change of command, Brig. Gen. Jeffrey L. Milhorn relinquished his position as commander of the U.S. Army Corps of Engineers-Pacific Ocean Division to Col. Peter B. Andrysiak at a change of command ceremony, July 12, at historic Palm Circle.

Andrysiak became the 32nd commander of the Army Corps' division serving the Indo-Asia-Pacific region. He now leads an organization that employs 1,600

military, Department of Army, host nation civilian engineers, technicians and other professionals in the annual execution of a \$3.2 billion program.

The mission includes engineering design, construction and real estate management for the Army in Hawaii, Army and Air Force in Alaska, and for all Department of Defense agencies in Japan, the Republic of Korea, and Kwajalein Atoll, Republic of the Marshall Islands.

Andrysiak's service to the Engineer Regiment spans a period of over 25 years. He most recently served as the 3rd Infantry Division chief of staff at Fort Stewart,

Georgia, and U.S. Forces-Afghanistan Joint Task Force-3, Operation Freedom's Sentinel.

Lt. Gen. Todd Semonite, chief of engineers and commanding general of the U.S. Army Corps of Engineers, said that both Andrysiak and Milhorn were officers with diverse experiences and perfectly suited for command of the Pacific Ocean Division.

Milhorn received the Distinguished Service Medal for his exceptional service.

(Editor's note: Find out more about the change of command at www.hawaiiarmyweekly.com.)



Courtesy photo

Senior leadership salute during the USACE-Pacific Ocean Division's change of command ceremony on Fort Shafter's Palm Circle, July 12.

ROK GENERAL AT USARPAC ...



Photo by Staff Sgt. Christopher Brown, U.S. Army Pacific Public Affairs
FORT SHAFTER — Gen. Chan Ju Park (left), commander, 2nd Operational Command, Republic of Korea Army and Gen. Robert B. Brown, commander, U.S. Army-Pacific, render honors to the flags of the U.S. and South Korea, July 6.

... AND AT 25TH CAB



Photo from the 25th Combat Aviation Brigade Flickr page
WHEELER ARMY AIRFIELD — Park is briefed about the various airframes in operation by the 25th Combat Aviation Brigade, 25th Infantry Division, July 7. The tour concluded with a meal in the Wings of Lightning Dining Facility.

Study suggests action best option in ‘gray zone’ conflicts

DAVID VERGUN
Army News Service

WASHINGTON — Inaction can and does lead to risk when it comes to the ever-increasing challenge posed by “gray zone” competition and conflict, according to Professor Nate Freier, Army War College’s Strategic Studies Institute.

Freier was the project director and lead investigator on a nine-month study effort, culminating in the War College report “Outplayed: Regaining Strategic Initiative in the Gray Zone.” Freier and a team of three additional War College faculty members and 10 students published their findings last month.

Gray zone defined

Gray zone is the new term of art for asymmetric competition and conflict of the type employed by Russia and it’s proxies in Ukraine and the Russian near abroad; China in the South China Sea; Iran and its sectarian proxies throughout the Middle East; and, rejectionist actors like terrorist groups throughout North Africa and the Middle East.

Freier noted that gray zone competition and conflict is obviously less than full-scale war, but nonetheless has war-like implications and consequences for the United States and its partners. Skilled gray-zone actors employ clever innovative combinations of influence, intimidation, coercion, and aggression to exploit opportunities and prey on an opponent’s obvious vulnerabilities.

Typical U.S. behavior

The U.S. has options in the face of concerted gray zone competition and



Photo by Spc. Marcus Floyd, Army News Service
Soldiers participating in Saber Strike 15 conduct a combined arms live-fire exercise, June 19, 2015 at the Drawsko Pomorskie Training Area, Poland. The U.S. military in Europe is prepared to defend its NATO allies against aggression.

conflict. For starters, according to Freier, U.S. Defense leadership could employ military force more actively and creatively against thorny challenges like Russian proxies in Ukraine or the Chinese in the South China Sea. Unfortunately, according to Freier, an asymmetry in risk perceptions between the U.S. and its opponents tends to make the United States too cautious, leaving a great deal of latitude for those willing to exploit it. Because of its deferred hazard, inaction or marginal action therefore often becomes the default strategic choice for U.S. decision-makers.

With no action or deferred action

“you can easily wish away adverse consequences,” he said. Yet, “it’s your absolute worst choice. What happens is if you don’t act to blunt the challenges up front, then facts change on the ground to such an extent that it becomes eventually unthinkable to reverse them through more assertive action.

The U.S. collectively is taken by surprise “by the degree to which it’s possible for adversaries to outmaneuver us by unconventional methods. We are playing by a conventional playbook and they are not. We’re being outmaneuvered,” he said.

The solution: “Adaptation and Activism,” according to Freier. That doesn’t

mean resort to all-out war, according to Freier. Instead, it should be a measured and quite deliberate set of responses intended to effectively shape or modify opposition intentions and methods. Over-reaction after all is as dangerous as inaction.

U.S. Once gray zone actor

The War College research team looked back through history and found that the U.S. itself once acted effectively in the gray zone, influencing changes in governments and flexing its own military and economic might for perceived national security and national interest gains.

Over time, however, the U.S., believing it was in an unassailable position versus all competitors, relinquished its gray zone advantages. And, in doing so, Freier pointed out, the United States unwittingly ceded substantial maneuver room to much less risk-averse adversaries who were well postured to advance their interests using a host of unconventional means.

How findings achieved

Freier’s team arrived at a targeted set of findings and recommendations in two key areas: strategy and policy and military operations, plans, and capabilities. In the end, Freier said his team gathered the widest possible set of perspectives on gray-zone challenges, hearing from service staffs and combatant commands, U.S. allies and NATO, think tanks, and academia. While they heard a variety of opinions, Freier suggested their conclusions represented “the collective wisdom of the whole universe of experts we consulted with.”

Army researchers develop and test new Zika vaccine

GARY SHEFTICK
Army Service News

WASHINGTON — Doctors at the Walter Reed Army Institute of Research who have developed a Zika vaccine that they’ve successfully tested on mice are now testing it on monkeys and hope to begin testing on humans later this year.

Their study, published June 28 in the journal “Nature,” demonstrated how mice developed immunity to the Zika virus after injection with a purified inactivated virus vaccine, called ZPIV.

The study also involved a second type of vaccine developed by research collaborators at Harvard Medical School. This DNA vaccine was tested at the Beth Israel Deaconess Medical Center, and the research involved scientists from all three organizations.

Findings indicated that single shots of either vaccine protected mice against Zika, but Col. Stephen Thomas said WRAIR researchers are focusing on ZPIV because it builds on a type of vaccine that has already been licensed.

“Walter Reed has been working on flavivirus vaccines for more than a century,” said Thomas, an infectious disease physician who is the WRAIR lead for the Zika vaccine. The flavivirus family of diseases includes West Nile virus, dengue and yellow fever, and Maj. Walter Reed’s research in the 1890s eventually helped eradicate yellow fever.

“We started to conceptualize the development of the Zika vaccine actually a couple of years ago,” Thomas said. He explained that WRAIR researchers had spotted outbreaks of the disease that resembled dengue in Southeast Asia and French Polynesia.

This past fall, however, they realized there could be a serious need for a Zika



Photo courtesy of Walter Reed Army Institute of Research
A researcher examines Vero cells for the Zika virus at the Walter Reed Army Institute of Research in Silver Spring, Md.

vaccine here in America.

“We very, very quickly started to conceive of animal studies,” Thomas said.

While their published research focuses on mice, WRAIR “almost in parallel!” began experimenting on primates, Thomas said. They believed rhesus monkeys could have reactions to the vaccine that might more closely correspond to human reactions.

While their non-human primate research is all but complete, Thomas said the results have not yet been finalized and cannot be released. The one thing he could say is “we remain optimistic.”

The goal is to begin clinical studies with humans by the end of the calendar year, Thomas said.

But when will the vaccine be approved

for distribution?

“That’s the 60-million-dollar question,” Thomas said, adding that it usually takes a number of years to license a vaccine.

“I don’t think we’re looking at the normal timeline of almost up to a decade,” he said. “Hopefully that’s not going to be the case here, because we’re in the middle of an epidemic and an outbreak that’s taking a significant toll on the affected countries.”

Several service members were recently infected by Zika.

“It’s emerging as a DoD issue,” Thomas said, adding that U.S. forces are deployed to areas in Southern Command that are “Zika-endemic.”

“Our institution’s number one mission is to preserve and ensure operational

readiness,” he said about WRAIR.

About two dozen WRAIR personnel are researching the vaccine and conducting the tests, Thomas said. Another half dozen are working in Africa and Asia on bio-surveillance activities, he said.

Col. Nelson Michael is the WRAIR Zika program co-lead and he also runs the military HIV research program.

“He’s the one that has the primary relationships with Harvard,” Thomas said.

Dr. Kenneth H. Eckels runs the WRAIR production facility and “This guy knows more about making flavivirus vaccine than anyone I know,” Thomas said.

The Pilot Bioproduction Facility at WRAIR is now manufacturing small doses of the ZPIV vaccine to be used in clinical studies.

Clinical research will be conducted at the WRAIR facilities in Silver Spring, Maryland, and studies will also be conducted elsewhere by the National Institutes of Health vaccine trial evaluation units, Thomas said.

The National Institute of Allergy and Infectious Diseases, or NIAID, will actually be the regulatory sponsor of the study, “not the Army,” Thomas said, “but it’s an Army vaccine, funded by the Army.”

Data, of course, will be shared with regulatory agencies such as the U.S. Food and Drug Administration. FDA must have confidence in the vaccine’s safety before it can be produced on a large scale, Thomas said.

Even then, though, someone has to be able to mass-produce the vaccine at a scale where it can make a difference in world health, and that’s millions of doses, Thomas said. So WRAIR is also exploring possible collaboration with pharmaceutical companies.

Army officer competes w/brains and brawn

MAJ. KAREN ROXBERRY
2nd Infantry Brigade Combat Team
Public Affairs

SCHOFIELD BARRACKS — If you’re thinking about competing in bodybuilding, you’re going to need more than barbells and your favorite bench at the gym. “Working out is the fun part,” said Chief Warrant Officer 2 Sean Aikman. “But you have to have nutrition discipline, planning and a pure love for the sport.”

Also, if you think bodybuilders aren’t academics, think again.

“Bodybuilding has led me to pursue my bachelor’s degree in exercise science,” said Aikman, who is assigned to 2nd Battalion, 11th Field Artillery Regiment, 25th Infantry Division Artillery as a target officer. “Now I am a graduate student working on my degree in human performance because of my passion for the sport.”

A certified personal trainer, Aikman has competed in four bodybuilding competitions. He placed first in the novice category for the World Natural Bodybuilding Federation (WNBF) during the International Natural Bodybuilding Federation Polynesian Muscle Mayhem at the Hawaii Fit Expo in June.

Aikman lifted weights in the off-season to keep up with larger physique football players while he was in high school.

Aikman said that he starts identifying competitions six months ahead and really starts his training plan 10 to 12 weeks out.

“I like a slower progression than others who start their training plan four to six weeks prior,” he said. “I take it slow and don’t degrade myself.”

Armed with research and a plan, Aikman’s weekly workouts to prepare for



Photo by Staff Sgt. Carlos Davis, 2nd Infantry Brigade Combat Team Public Affairs
During a workout session Chief Warrant Officer 3 Sean Aikman, a targeting officer, attached to 2nd Infantry Brigade Combat Team, 25th ID, takes a moment to catch a breather before continuing his workout.

the WNBF were grueling and consisted of combinations of lightweight with high repetition exercises and heavy weight with low repetitions.

“I concentrated on both the concentric and eccentric movements of each exercise and I isolate muscle groups throughout the week,” said Aikman.

He had a work out plan for everyday of the week. Aikman says even Sundays were not spared and he would often do extra cardio on that day.

Although bodybuilding is an individual sport, Aikman did not train alone for WNBF. Staff Sgt. Russell Barker, a targeting noncommissioned officer also

attached to 2nd IBCT, trained with Aikman consistently and says he now plans to compete next year.

“I have always had an interest in weightlifting, trying to get bigger and stronger,” said Barker, a native of St. Petersburg, Fla. “But after meeting Chief, he showed me the educational perspective on bodybuilding.”

Similar to his approach to working out, Aikman uses planning and research for his nutrition. Aikman says all his meals are evenly portioned and weighed. He also drinks at least a gallon of water a day.

“My nutrition plan is much more detailed but may not be suitable for most,”

said Aikman. “It generally consists of lean meats such as chicken breast, fish and ground turkey with sweet potato, brown rice or oats and of course all green vegetables with fruits.”

Prior to getting on the competition stage, Aikman says there are a whirlwind of emotions. Backstage is buzzing with other competitors trying to get more vascular and finalizing their last minute preparations.

“As soon as you get on stage, time just stops,” said Aikman. “It’s the longest 90 seconds of my life.”

Aikman says that posing on stage is actually one of the hardest workouts.

“You are flexing every muscle in your body, trying to look calm with a smile on your face,” he said. “Every muscle in your body is shaking because at that point your body is so tired already from all the training you have done.”

After Hawaii Fit Expo, Aikman also competed and won the 2016 Ikaika Bodybuilding Championship and is nationally qualified with the National Physique Committee. He now has two years to compete at a national show to receive his professional status pending winning in his division.

When not training for competitions, Aikman fuels his passion for the sport by helping others through personal training and pursuing his master’s degree in exercise science with a concentration in human performance at American Military University.

“I train people to because I want to teach them how improve their health and way of life through simple changes,” said Aikman. “Nothing is impossible, you just have to start to be great.”

Cacti commemoration ceremony highlights centennial

CAPT. RAMEE L. OPPERUDE
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Veterans, families and active duty service members gathered to celebrate the centennial anniversary of the 35th Infantry Regiment “Cacti,” and build lasting relationships between veterans and current Soldier, June 25-July 1.

Months of planning and coordination went into the weeklong schedule of events that began with greeting 19 35th Inf. Regt. veterans, a welcome reception and concluded with a tour of Pearl Harbor.

Events included a pass in review, company changes of command, physical fitness competitions, a commemoration service and the Cacti Centennial Ball. Each event was carefully planned and coordinated by members of the 2nd Battalion, 35th Inf. Regt., which provided the opportunity to inform veterans of current capabilities of the battalion and commemorate the service of veterans who served in the regiment.

Veterans received sponsors from each company to accompany them to dinner

events, tours of the USS Missouri and Arizona Memorials, and a golf scramble.

Peter J. Birrow, Bravo Company, 2-35th Inf. Regt., was drafted as a replacement in 1968 and spent his entire tour in Vietnam.

“To come here to the headquarters and see our living organization is just fantastic. I am just as proud of today’s Cacti as they complement us,” Birrow said.

“I am most excited for three events,” said 1st Lt. Zack Farkas, 2-35th Inf. Regt. “The commemoration ceremony, where we will be dedicating a plaque that was donated by the 35th Infantry Regiment Association to the regiment, commemorating 100 years of service; the Cacti birthday party, where we get to grill out in the quad, relax, and show the families and veterans of Cacti our office space and our equipment; and the 35th Infantry Regiment Association centennial ball, because it should be an amazing evening of celebrations, bringing in 100 years.”

Birrow was enthusiastic about all of the events occurring within the boundaries of C Quad.

“I have heard so much about the quad over the years and I am very excited to

participate in them,” Birrow said.

The 100th anniversary of the regiment marks the long lineage of the 35th Inf. Regt., where it was formed at Nogales, Ariz., on July 1, 1916.

The regiment was formed to provide security at the borders in Arizona. It became embroiled in its first conflict, the Battle of Ambos Nogales.

The action at Nogales against the Mexican bandits of Poncho Villa led to the unit’s motto of “Take Arms!”

“The purpose of this centennial is for the 35th Infantry Regiment to connect to the heroes of the past,” said Lt. Col John E. Hill, commander, 2-35th Inf. Regt. “The veterans in this audience today, are that direct link to the past, and are the caretakers of our history. It is our responsibility to learn that history in order for us to pass it on to the next generation. This is a once in a lifetime event.”

(Editor’s note: See photos and read more at www.hawaiiarmyweekly.com.)

TRAIN WITH THE CHAIN



Photos by Kristen Wong, Oahu Publications

1. WAHIAWA — Zack Barros (right), a firefighter with the U.S. Army’s Wildland Fire Division, guides Sgt. 1st Class Eugene Mirador, a recovery team sergeant with Defense POW/MIA Accounting Agency as he practices sawing through a log in a field at the entrance to East Range, Wednesday.

2. Firefighter Socrates Menor (left), U.S. Army’s Wildland Fire Division, supports Sgt. 1st Class Eugene Mirador, a recovery team sergeant with Defense POW/MIA Accounting Agency, as he trains with a chainsaw.

3. Staff Sgt. Benjamin Bishop, a mountaineer with DPAA, saws into a log. The training taught the proper use of a chainsaw, a necessary and dangerous tool used by the agency for the recovery of human remains from aircraft crash sites. The training was also beneficial for Army aircraft.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today

TAMC CoC — Col. Andrew M. Barr will assume command of Tripler Army Medical Center from Col. David K. Dunning, 10:00 a.m., at the TAMC flagpole directly in front of the hospital.

18 / Monday

New HSO Hours — Due to manpower shortages, the Schofield Barracks New Housing Service Office procedures and hours of operation are being adjusted to provide enhanced customer service. Group briefings will be conducted with the intent to reduce the

wait times and accommodate more Soldiers. spection schedule from your community center. Call 655-3076.

DIVARTY — Col. Matthew N. Stader assumes command of the Division Artillery, 25th ID, from Col. Christopher J. Cardoni at 10 a.m. on Weyand Field, Schofield Barracks.

20 / Wednesday

ERP — Garrison personnel are invited to attend the next Employee Recognition Program luncheon from 11:30 a.m. to 2 p.m. at the Leilehua Golf Course.

21 / Thursday

Signal CoCs — Maj. Gen. Lawrence W. Brock III, 311th Signal Command (Theater), will retire after relinquishing command to Brig. Gen. Lawrence F. Thoms, cur-

rently the commander, 335th SC (T) (Provisional) in Kuwait.

27 / Wednesday

CIE — Soldiers, family members and civilians are invited to attend the Community Information Exchange meeting at the Nehelani, Schofield Barracks, 9-10:30 a.m. to learn about what’s happening in the next 90 days and ask experts your questions about services and programs.

August

4 / Thursday

25th ID — Maj. Gen. Christopher G. Cavoli assumes command of the 25th Infantry Division from Maj. Gen. Charles A. Flynn at 10 a.m. on Weyand Field, Schofield.

Editor’s Tip — For easier surfing, visit www.HawaiiArmyWeekly.com.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm for up-to-date advisories.

This Week

Ayres — Road closures that began Monday on Schofield’s Ayres Avenue for curb and sidewalk upgrade will continue weekdays, 7 a.m. – 3:30 p.m. until the end of August.

16 / Saturday

Tunnel Maintenance — The Likeline Highway will be closed, 7 p.m., to reopen at 7 a.m. on Sunday morning, July 17.

This routine closure will be in the Honolulu-bound direction between Kahekili Highway and Valley View Drive, and is

conducted for the purpose of tunnel maintenance and cleaning.

Motorists are advised to plan ahead and use alternate routes such as the H-3 Freeway and Pali Highway.

Roadwork is weather permitting.

19 / Tuesday

TAMC Traffic — There will be closures of both lanes of Ward Road from Jarrett White Road, weekdays, 7:30 a.m.-3 p.m. Jarrett White will be a two-way road for detours to lower parking lot entrance.

This is the third phase of an ongoing project.

23 / Saturday

Shafter Outage — Bldgs. 220 and 222 will be without power, 8 a.m.-3 p.m., to support lightning protection.

Note: the back-up generator will be disabled.

August

1 / Monday

Division Run — The 25th Infantry Division will run from 6:15-8 a.m., on Schofield’s Trimble, Cadet Sheridan and Lyman Roads. All vehicular traffic should plan to use these roads before or after the run or use an alternate route. Call 655-8573.

Schofield & WAAF Power Outages — The Schofield Barracks Canby Housing Area, units 601-628, Bldgs. 692 and 660 (Dental Clinic), will have a scheduled power outage, 7:30 a.m.-4 p.m. Wheeler will also see an outage, 7 a.m.-3 p.m., affecting housing on Wiliwili and Langely Loop. The following units will be affected: 502, 508, 512, 514, 516, 518, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527.

VA conducts nation’s largest analysis of veteran suicide

U.S. DEPARTMENT OF VETERANS AFFAIRS
Press Release

WASHINGTON — The Department of Veterans Affairs has undertaken the most comprehensive analysis of veteran suicide rates in the U.S., examining over 55 million Veteran records from 1979 to 2014 from every state in the nation. The effort extends the VA's knowledge from the previous report issued in 2010, which examined three million available veteran records from 20 states.

Based on the data from 2010, VA estimated the number of veteran deaths by suicide averaged 22 per day. The current analysis indicates that in 2014, an average of 20 veterans a day died from suicide.

“One veteran suicide is one too many, and this collaborative effort provides both updated and comprehensive data that allows us to make better informed decisions on how to prevent this national tragedy,” said Dr. David J. Shulkin, VA Under Secretary for Health. “We as a nation must focus on bringing the number of veteran suicides to zero.”

The final report will be publicly released later this month. Key findings of the analysis will include:

- 65 percent of all veterans who died from suicide in 2014 were 50 years of age or older.
- Veterans accounted for 18 percent of all deaths from suicide among U.S. adults. This is a decrease from 22 percent in 2010.
- Since 2001, U.S. adult civilian suicides increased 23 percent, while veteran suicides increased 32 percent in the same time period. After controlling for age and gender, this makes the risk of suicide 21 percent greater for veterans.
- Since 2001, the rate of suicide among U.S. veterans who use VA services increased by 8.8 percent while the rate of suicide among veterans who do not use VA services increased by 38.6 percent.
- In the same time period, the rate of suicide among male veterans who use VA services increased 11 percent, while the rate of suicide increased 35 percent among male veterans who do not use VA services.
- In the same time period, the rate of suicide among female veterans who use VA services increased 4.6 percent, while the rate of suicide increased 98 percent among female veterans who do not use VA services.

VA is aggressively undertaking a number of new measures to prevent suicide, including:

- Ensuring same-day access for veterans with urgent mental health needs at over 1,000 points of care by the end of calendar year 2016. In fiscal year 2015, more than 1.6 million veterans received mental health treatment from VA, including at over 150 medical centers, 820 community-based outpatient clinics and 300 Vet Cen-



Photo courtesy of Veterans Affairs

ters that provide readjustment counseling. Veterans also enter VA health care through the Veterans Crisis Line, VA staff on college and university campuses, or other outreach points.

Using predictive modeling to determine which veterans may be at highest risk of suicide, so providers can intervene early. Veterans in the top 0.1 percent of risk, who have a 43-fold increased risk of death from suicide within a month, can be identified before clinical signs of suicide are evident in order to save lives before a crisis occurs.

- Expanding telemental health care by establishing four new regional telemental health hubs across the VA health care system.
- Hiring over 60 new crisis intervention responders for the Veterans Crisis Line. Each responder receives intensive training on a wide variety of topics in crisis intervention, substance use disorders, screening, brief intervention, and referral to treatment.
- Building new collaborations between veteran programs in VA and those working in community settings, such as Give an Hour, Psych Armor Institute, University of Michigan’s Peer Advisors for Veterans Education Program (PAVE), and the Cohen Veterans Network.
- Creating stronger interagency (e.g. Substance Abuse and Mental Health Services Administration, Department of Defense, National Institutes of Health) and new public-private partnerships (e.g., Johnson & Johnson Healthcare System, Bristol Myers Squibb Foundation, Walgreens, and many more) focused on preventing suicide among veterans.

Many of these efforts were catalyzed by VA’s February 2016 “Preventing Veteran Suicide — A Call to Action” summit, which focused on improving mental health care access for veterans across the nation and increasing resources for the VA Suicide Prevention Program.

Suicide is an issue that affects all Americans. Recent Centers for Disease Control and Prevention data reported in April 2016 that from 1999 through 2014 (the most recent year with data available from CDC), suicide rates increased 24 percent in the general population for both males and females.

Immediate Suicide Prevention Help

VA has implemented comprehensive, broad ranging suicide prevention initiatives, including a toll-free Veterans Crisis Line, placement of suicide prevention coordinators at all VA Medical Centers and large outpatient facilities, and improvements in case management and tracking. Immediate help is available at www.veteranscrisisline.net or by calling the Crisis Line at 1-800-273-8255 (press 1) or texting 838255.

For guidance on safe ways to communicate, please visit www.reportingonsuicide.org. For additional information, see the VA's suicide prevention fact sheet at www.va.gov/opa/publications/factsheets/Suicide_Prevention_FactSheet_New_VA_Stats_070616_1400.pdf.



Shirlene Tamayori, a library volunteer, looks for Pokémon inside the Sgt. Yano Library while playing Pokémon Go. The library is one of several PokéStops where players can get free in-game rewards or lure Pokémon for capture.

Story and photos by
CHRISTINE CABALO
Staff Writer

Do you want to be the very best, like no one ever was?

The real test is being safe while catching the cartoon creatures featured in the new mobile app “Pokémon Go.” The game is based on the Nintendo franchise of games and comics that featured “pocket monsters,” now with the ability to hunt or battle them at real-world locations using GPS technology. While Pokémon can be found around U.S. Army Garrison-Hawaii and other locations worldwide, USAG-HI officials are encouraging gamers to be safe while playing.

“Pedestrians need to exercise caution while playing Pokémon Go and drivers must refrain from playing the game while behind the wheel,” said Scott Knowles, director, USAG-HI Safety Office.

Train safe

Right before Pokémon Go players log into their accounts, the game developers warn to keep good situational awareness while playing. So far no safety incidents have been reported at USAG-HI or other military installations.

“At this point we are not aware of any media queries or any incidents at any of our installations, and we’ll continue to monitor the situation,” said William Bradner, command information manager, Installation Management Command Public Affairs.

Muggings and accidents while playing the game have been reported in public places, so it’s important to explore areas safely. When you travel across the land, searching far and wide for Pokémon, they are more likely to be found in areas where people gather. Players are warned to stay away from restricted areas.

Developing Pokémon strategy

Pokémon appear in random locations, but can be located using the app’s mapping system. In-game rewards are found at PokéStops that are unique public landmarks based off of Google Maps and user-submitted locations for the game developer’s earlier game Ingress. There are also Pokémon gyms where players can choose their best catches to battle or train for their color team.

Officials are encouraging players to walk and travel to these different locations safely. Often Pokémon, gyms and PokéStops can be located by first looking at the app, then safely getting to the location and resuming the app.

Several PokéStops are clustered together at Schofield Barracks, including one found at Sgt. Yano Library.

“I do see people walking around more in the area,” said Lori Martin, a library tech. “I’ve found a ‘Bulbasaur’ and a ‘Duoduo’ at library.”

The game also features lures that can be placed at PokéStops to attract Pokémon in the area. The lures can be purchased with real world money or the game’s currency of poké coins. As she’s played the game, Martin suggests players can check the app to find the lures on the map, then travel safely to those lures without distractedly moving.

She also said she’s seen players ensure their safety by traveling in a crowd.

“Having a hunting party can help,” Martin said. “You’ve got several people looking out for each other.”

Martin said if players find a good walking path, the area of PokéStops around the library offer a good bit of exercise and socialization with other players. But she said players should not stop in the middle of the road or alert police if they see people engaging in suspicious activity. Players should also stop if they need a rest, and Martin welcomes everyone to come down to the library when they need to slow down.

“We’re a great place to take a break,” Martin said. “We have free Wi-Fi, cushioned seating and A/C.”

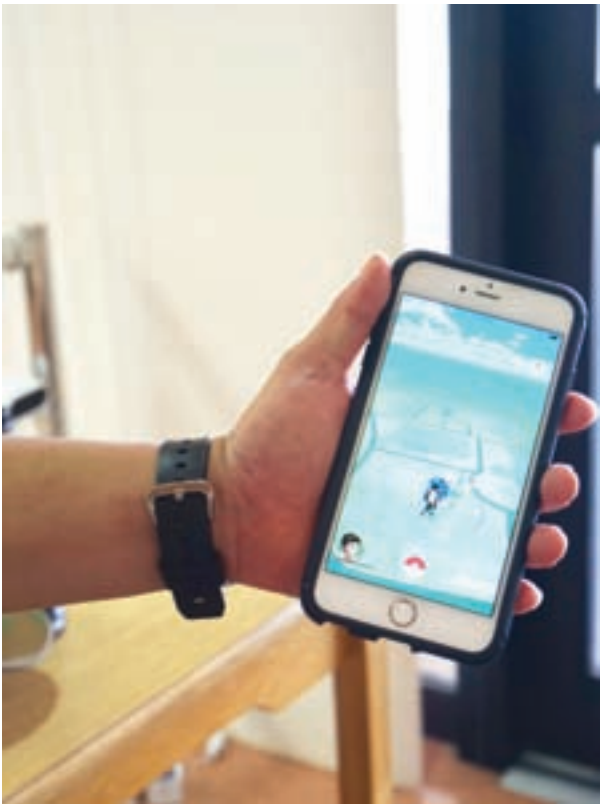
Avoiding hacks, while finding the Pikachu hack

The hunt is on to catch all 151 of the original first-generation characters of Pokémon. Since the game launched July 6, users have also discovered that you can start the game with a hidden special character. Although the game begins with a choice between the three traditional starter Pokémon, there is a hidden fourth option. If a player moves away from the starter Pokémon anywhere from three to six times, the fourth option of selecting Pikachu becomes available.

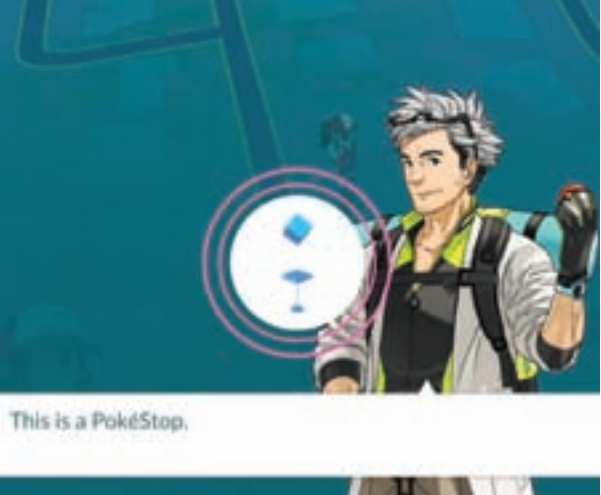
The game is available on cellphones and other mobile devices, but users should also be cautious in using unknown Wi-Fi points. There are several free Wi-Fi spots at Schofield Barracks and Wheeler Army Air Field for patrons to use. In addition to the library, users can also head to Tropics Recreation Center and The Hangar.

While the game encourages exercise and exploration, officials also say it’s important to avoid distracted traveling and play the game safely.

“No race to capture a cartoon monster is worth a life,” Knowles said.



Sgt. Yano Library at Schofield Barracks is one of several PokéStops where players might find game rewards like poké balls and learn about local landmarks. Players can also take a break at the library in between safely searching for Pokémon.



This is an example of a PokéStop. Be wary of nearby hazards and travel safely to different PokéStops.



The hunt is on for 151 of the original first generation Pokémon characters.

- Find Pokemon around USAG-HI**
- These locations are known PokéStops or gyms in public places.
- Wheeler Army Airfield**
- PokéStops:**
- Huey Park
 - Waianae Avenue Community Park
 - Wheeler Army Airfield Flight Line Memorial
 - Wheeler Army Airfield Soldiers Church
- Pokémon gyms:**
- Cobra helicopter static display
- Schofield Barracks**
- PokéStops:**
- Watts Field
 - Tropics Recreation Center
 - Quad F Memorial
 - Schofield Bowling Center
 - The Inn at Schofield Barracks
 - Kolekole Grill
- Pokémon gyms:**
- Tropic Lightning Museum

- Play safe**
- Here are several tips for playing safely recommended by Scott Knowles, safety director of USAG-HI and safety officials at IMCOM:
- Pokémon Go was designed to bring people together in the real world as they search for Pokémon in common areas called gyms and PokéStops, but remember you may not know every person you encounter. Be alert and use good judgment when interacting with people you don’t know. If someone seems up to no good, don’t hesitate to leave the area or call the police.
 - If walking, watch where you are going and don’t look down at your phone while crossing streets or exiting your vehicle.
 - Do not drive a vehicle or ride your bike while looking at the app.
 - Obey all traffic and parking laws. Don’t stop on the roadway or at a location that will create a traffic hazard.
 - Play in groups of people you know. Groups can do a better job of monitoring the surroundings and are a less appealing targets for unscrupulous people.
 - Do not go onto private property, dark areas or locations that you would not go if you weren’t playing the game.
 - Know where your children are going and set limits where they can go. Talk with your children about stranger-danger as playing may bring strangers together at PokéStops.
 - If you are outside for an extended period of time, be sure to stay hydrated and be aware of sunburn.

Briefs

Today

Lei Making — For \$15, learn to make a beautiful lei at Schofield Barracks Arts and Crafts Bldg. 572, 919 Humphreys Rd. Class runs 1-2 p.m. For more information, call 655-4202.

Flag Football and Cheerleading Registration — Registration is open until July 29 at Parent Central Services, and the season runs from Sept. 27-Dec. 17. Open to youth born between 2000 and 2011. Cost: \$55. For more information, call 655-5314 (SB/WAAF/HMR) or 833-5393 (AMR/Fort Shafter/Camp H.M. Smith).

Folk-Style Wrestling — Sign-ups continue through July 30 at Parent Central Services. Season runs from September to November. Open to youth born between 2000 and 2011. Cost: \$60. For more information, call 655-5314 (SB/WAAF/HMR) or 833-5393 (AMR/Fort Shafter/Camp H.M. Smith).

Schofield Barracks Kids Bowling Summer Special — Come in this summer through Aug. 31 during select hours and receive two games of bowling, a small drink and a personal cheese pizza for only \$8. The offers are for walk-ins only, based on lane availability. Special hours are:
Monday-Thursday: 9 a.m.-5 p.m.
Friday: 9 a.m.-7 p.m.
Saturday: 9 a.m.-6 p.m.
Sunday: 10 a.m.-9 p.m.
There are additional charges for extra toppings. Offer valid for kids 16 and under. Shoes not included, and the special is not valid with other offers. For more information, call 655-0573.

16 / Saturday
Daddy Boot Camp — The camp brings together first-time and other expecting dads with experienced fathers in a discussion-based class that allows men to ask questions and learn practical skills for taking care of mom and baby. The camp runs from 9 a.m.-

HANGAR HAS NEW HOURS

ENTERTAINMENT CENTER

“NEW HOURS”

Monday - Wednesday: 11:00 a.m. - 2:00 p.m.

Thursday: 11:00 a.m. - 8:00 p.m.

Friday: 11:00 a.m. - 9:00 p.m.

Saturday and Sunday- Closed

Open for special events

JOIN US FOR OUR WEEKLY LUNCH,
FEATURING LOCAL FAVORITES!

656-1745

noon. Call 655-4ACS for more information or to register.

2016 Army Hawaii 10-Miler Qualifier — Come cheer on our runners! Runner’s check in is 5 a.m., race begins at 6 a.m. The starting point is at Richardson Pool, Schofield Barracks.

18 / Monday
Employment Orientation — Are you new to the island and looking for employment? This class will orient you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. The orientation runs 10-11:30 a.m. Please call 655-4ACS for more information or to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools. Topics include: saving, credit, investment and big purchases. The session runs 8:30-11:30 a.m. at Schofield Barracks ACS Bldg. 2091. Please call 655-4ACS for more information or to register.

19 / Tuesday
Toon Time Movie-

place wins a \$10 Exchange gift card. The tournament runs every Sunday in July, next ones occur July 19 and 26. For more information, call 655-5698 or visit Tropics, Foote Avenue, Bldg. 589.

20 / Wednesday
SAFER Group (for Women Only) — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse. The meeting runs from 9-10:15 a.m. at Schofield Barracks ACS Bldg. 2091. For more information, call 655-4227.

Resume Lab — This is reserved for job seekers who have attended an Employment Readiness Program (ERP) Resume Workshop or need to update an existing resume. Our staff will be available to provide hands-on resume assistance. You are encouraged to bring a personal computer. Wi-Fi and limited computers available. The lab runs 9 a.m.-noon at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

21 / Thursday
Advance 8 Ball Pool — Bring out your inner pool shark and join our pool tournament! Service charge is \$10. Sign-in between 5:30-6 p.m., game starts at 6 p.m. Winners receive for first place, second place \$50 and third place earns a \$15 Exchange gift card. The tournament runs every Thursday in July. Upcoming times are July 21 and 28. For more information, call 655-5698 or visit Tropics, Foote Avenue, Bldg. 589.

Your Credit Report and Score — No credit or bad credit, this class will help you increase your credit score and understand how lenders see you. Know where you stand before making a large purchase. Bring one copy of your credit report from: annualcreditreport.com. The class runs 10-11:30 a.m. at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

1-2-3 Magic — With humor, insight and proven success, this three-week series breaks down the task of parenting into three straightforward jobs. The class runs from noon-1:30 p.m. at Schofield Barracks ACS Bldg. 2091. Please call 655-4ACS for more information or to register.

Me Before You (PG-13)

Friday July 15, 7 p.m.

Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13)

Saturday July 16, 4 p.m.

Popstar: Never Stop Never Stopping (R)

Saturday July 16, 7 p.m.

X-Men: Apocalypse (PG-13)

Sunday July 17, 5 p.m.

Closed Monday July 18, Tuesday July 19, July 20 and July 21

The Conjuring 2 (R)

Friday July 22, 7 p.m.

Central Intelligence (PG-13)

Saturday July 23, 4 p.m.

Family Night: The Angry Birds (PG-13)

Saturday July 23, 7p.m.

Alice Through The Looking Glass (PG)

Sunday July 24, 5 p.m.

Closed Monday July 25, Tuesday July 26, Wednesday July 27 and Thursday July 28

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Free Hawaiian music at Royal Hawaiian Shopping Center — Hear Ku’uipo Kumukahi & The Hawaiian Music Hall of Fame Serenaders from 6-7 p.m. at the Royal Grove. The Hawaiian Music Hall of Fame Serenaders delivers the Hawaiian culture through the sounds of music and hula. Ku’uipo is a multi-award winning Hawaiian musician, recording artist and composer. Free music and activities are available daily at the center. For more information, see www.royalhawaiian-center.com/.

16 / Saturday
SB Kolekole — The walking-hiking trail is open this week-end, July 16-17. The trail is open to Department of Defense/ military ID cardholders and their guests who do not require advance written permission to use the trail. For more safety tips to use the trail, see www.garrison.hawaii.army.mil/info/hiking.htm.

Celebrate Okinawan Dance at the library — Experience

the vibrant culture of Okinawa at the Waikiki-Kapahulu Public Library at 1 p.m. Cheryl Yoshie Nakasone and her performing arts group will share traditional and classical folk music and dances of Okinawa. This 45-minute program is suitable for all ages. Young children must be accompanied by a parent or adult caregiver. For more information, call 733-8488.

Best of Honolulu Festival — Enjoy keiki rides, food booths and more at the Frank Fasi Civic Grounds in Honolulu from 10 a.m.-5 p.m. Free admission. Additional festival activities include a fashion show, photography booth and face painting. For more information, see www.honolulumagazine.com/Honolulu-Magazine/May-2016/Save-the-Date-2016-Best-of-Honolulu-Festival/.

17 / Sunday
Relax at the 46th annual Ukulele Festival — Listen and picnic to free ukulele music from 10:30 a.m.-5 p.m. Presented every July at the Kapiolani Park Bandstand in Waikiki, it is by far the largest of it’s kind in the world, attracting an audience of thousands to a free two-hour concert that showcases the finest ukulele players,

along with national celebrities, Hawaii’s top entertainers, and an ukulele orchestra of more than 800 students, mostly children. Free parking shuttle service is available at Kapiolani Community College parking lot starting at 7:30 a.m., with the last pick-up at 5:45 p.m. at Kapiolani Park. For details, see www.ukulelefestivalhawaii.org.

Honolulu Polo Club — Service members and their families with ID can see the club’s polo matches for free in Waimanalo. Children under 12 also free. General admission is \$5. Gates open at 1 p.m., matches begin at 3 p.m. This week’s match features the Campos Cup – Masters Cup USPA Hawaii Polo Legends Memorial. Games are held at 41-1062 Kalaniana’ole Hwy., Waimanalo.

39th Annual Prince Lot Hula Festival — Celebrate the history of traditional hula at the Moanalua Gardens with two days of hula performances, July 16-17. The second day of performances will run from 10 a.m.-3 p.m. Free admission. This year’s theme is Mo’olelo O Moanalua or the stories of Moanalua. In ancient times, a center of hula and chanting, Kamananui or Moanalua Valley was a revered place for Hawaiians. Many mele or songs and Hawaiian chants, oli, originated in the valley. For

more information, see moanalua-gardensfoundation.org.

19 / Tuesday
Tekniq Tuesdays — Spend your summer getting in cardio fitness and celebrating Filipino culture. Learn how to do the traditional Filipino dance, tinkling, with the Tinikling Filipino Dance Academy. Dancers meet every Tuesday through August. Free weekly event, all ages and ethnicities welcome. Dancing runs from 6-7 p.m. at Branch Studios Hawaii in Kakaako.

Ongoing
Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military posts with base access.

Running Club — Runners and walkers can join the free Hawaii Running Project’s Wednesday Run Club at SB, which meets 5 p.m., Wednesdays, on SB Bowman Field, at the end of Lyman Road. Call 655-9123.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks SKIES: Schools of Knowledge,	Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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USAG-HI employees and family members enjoy Richardson Pool during the Garrison Organization Celebration at Schofield Barracks in 2012.

Chill out at Richardson Pool

SCHOFIELD BARRACKS — Check out what’s happen- ing at Richardson Pool during the summer!

Pool Hours

Monday, Wednesday, Thursday, Friday
6-9 a.m. (Active-Duty Physical Training)
11 a.m.-5 p.m. (Open Swimming)
Saturday-Sunday
10 a.m.-5 p.m. (Open Swimming)
Tuesdays closed
Holidays
Please call for current holiday hours

Pool is closed the first Tuesday of each month as well as the preceding Monday at 9 a.m. for lifeguard in-service

training and super chlorination.

Lifeguard Instructor Class

Take this class to get certified in First Aid, CPR and to be an official Lifeguard Instructor. Classes run July 18-29. Cost is \$250, includes instructor manual. Minimum age requirement is 18. Must be a certified lifeguard and pass a prerequisite swim of 300 meters.

Inflatable Day

July 28 is Inflatable Day. For this event inflatables are allowed in the pool. Life jackets will be provided to keep this event safe for everyone. Regular pool usage fee applies. Open 2-5 p.m. at Richardson Pool on Schofield Barracks. For more information, call Richardson Pool at 655-9698.

Hawaii veterans compete in Golden Age Games

VETERANS AFFAIRS PACIFIC ISLAND HEALTHCARE SYSTEM

News Release

HONOLULU — Veteran Affairs Pacific Island Health Care System (VAPIHCS) celebrate the nine veteran athletes who competed in this year’s 2016 National Veterans Golden Games July 10-14 in Detroit.

The National Veterans Golden Age Games is the only national multi-event sports and recreational seniors’ competition program designed to improve the quality of life for all older veterans, including those with a wide range of abilities and disabilities. The members of Golden Age Team Hawaii are:

•Ed Chang, 77, air rifle, golf

•Robert Damaso, 70, field, table tennis, swimming

•Ed Gayagas, 77, badminton, basketball, bowling, cycling, field, golf, racquetball, rowing, swimming and track

•Karl Hall, 61, 5K cycling, swim- ming (50M & 25M) freestyle, discus, javelin, shot put, power walk, track (100M, 200M, 800M)



Photo by Larry Marchionda, Department of Veterans Affairs

DETROIT — A veteran participates in the javelin event of the 30th Annual National Veterans Golden Age Games, Wednesday.

•Teresa Micheletti, 62, badmin- ton, bowling, horseshoes, racquet- ball, swimming and track

•Glenford Park, 70, golf, swim- ming and track

•Joe Penn, 76, horseshoes, golf

•Bill Siebentritt, 66, bowling,

horseshoes, nine ball, swimming

•Linda Watson, 70, blind golf, bowling, horseshoes, shuffleboard

For more coverage of the event, see www.blogs.va.gov/VAn- tage/29094/ndreds-senior-soldiers-detroit-week-national-veterans-gold-en-age-games/.



Courtesy photo

Getting a job this summer? Check out www.irs.gov for tips on paying your taxes.

IRS offers tax tips for summertime

INTERNAL REVENUE SERVICE

News Release

Many students get summer jobs. It’s a great way to earn extra spending money or to save for later. While you’re working during the vacation season, here are some tips for students with summer jobs:

1. Withholding and Estimated Tax. If you are an employee, your employer normally withholds tax from your paychecks. If you are self-employed, you may be responsible for paying taxes directly to the IRS. One way to do that is by making estimated tax payments on set dates during the year. This is es- sentially how our pay-as-you-go tax system works.

2. New Employees. When you get a new job, you need to fill out a Form W-4, Employee’s With- holding Allowance Certificate. Those forms are available from your employer and available online at the IRS website. Employers use this form to cal- culate how much federal income tax to withhold from your pay. The IRS Withholding Calculator tool can help you fill out the form at www.irs.gov/indi- viduals/irs-withholding-calculator.

3. Self-Employment. Money you earn working for others is taxable. Some work you do may count as self-employment. These can be jobs like baby- sitting or lawn care. Keep good records of your income and expenses related to your work. You may be able to deduct those costs. A tax deduction generally reduces the taxes you pay.

4. Tip Income. All tip income is taxable. Keep a daily log to report your tips. You must report \$20 or more in cash tips received in any single month to your employer. And you must report all of your yearly tips on your tax return.

5. Payroll Taxes. You may earn too little from your summer job to owe income tax. But your em- ployer usually must withhold social security and Medicare taxes from your pay. If you’re self-em- ployed, you may have to pay them yourself. They count for your coverage under the Social Security system.

6. Newspaper Carriers. Special rules apply to a newspaper carrier or distributor. If you meet certain conditions, you are self-employed. If you do not meet those conditions, and are under age 18, you may be exempt from Social Security and Medicare taxes.

7. ROTC Pay. If you’re in ROTC, active-duty pay, such as pay you get for summer advanced camp, is taxable. Other allowances you may receive may not be taxable, see Publication 3 “Armed Forces’ Tax Guide” for details. The guide is online at www.irs. gov/uac/about-publication-3.

8. Use IRS Free File. You can prepare and e-file your tax return for free using IRS Free File, avail- able only on IRS.gov. You may not earn enough money to be required to file a federal tax return. Even if that is true, you may still want to file. For example, if your employer withheld income tax from your pay, you will have to file a return to get a tax refund.

The IRS Tax Tips website provides valuable information for taxpayers throughout the year at www.irs.gov/uac/irs-tax-tips. The main IRS.gov website also offers tax assistance and info on vari- ous topics including common tax scams, taxpayer rights and more.



Practice a childlike faith

CHAPLAIN (CPT) CURTIS HULSHIZER
8th STB

Part of growing older is taking on greater responsibility. We military members are particularly aware of the great sense of responsibility that results from the path we have chosen. Not just anyone is up to the task. We are indeed a special breed. The strains of deployment, the responsibility of children, concerns about the future and such can all weigh heavily upon our hearts and minds. Sometimes all we can do is persevere.

Children on the other hand do not share such concerns. They are not worried about things like paying bills, the future and car payments. They are free to play and explore. They are not concerned about these things because they trust that their parents will take care of them. From my Christian background, I’m familiar with gospel stories encouraging all to have the trust of children and feel the

need to explore.

To experience peace and presence, requires from me a complete trust. For me, it is in a heavenly father who gives strength when I need it and provides for our daily necessities. I believe God is aware of all our struggles and invites us to “cast all our cares on him.” A great challenge for me is exercising this childlike faith in light of the responsibilities I feel. If I chose to place my trust day by day in something greater, perhaps the weight I feel would seem less burdensome. My challenge is to have a childlike faith continuing together on the path before us.

No matter where I go and no matter what I do, I have trust that my faith is there. This faith gives me the strength to go through any situation and circumstance. To experience this peace I need to trust and to have a childlike trust in a greater power.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH
Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 10 a.m. at WAAF

Junior enlisted Soldiers take over TAMC

SGT. MAJ. WILLIAM ALLEN
Army Service News

HONOLULU — Tripler Army Medical Center has been taken over by junior enlisted Soldiers; at least in regard to some of the improvements that are being made at TAMC.

The newly-formed Junior Enlisted Council allows Soldiers in the ranks of private to sergeant the opportunity to have a voice in what they want to see as changes are made to their organization.

The Junior Enlisted Council serves as an advisor group to Command Sgt. Maj. William Allen, troop command’s sergeant major, on junior enlisted matters. In turn, Allen empowers them through education, communication and developmental opportunities to foster professional development.

Sgt. Vanessa Quenga, an operating room specialist assigned as the Alpha Company training room noncommissioned officer, developed the initial idea.

“I just thought this was a great way to showcase the talents of our junior enlisted Soldiers and give them a way to contribute to the organization,” Quenga said.

The group’s first project was to poll the Soldiers in the barracks and determine what they desired in their new dayroom. Through hard work, ingenuity and using a wide variety of media to advertise their request for input, the Soldiers had made a decision: pool table and televisions.

“Soldiers of all ranks come into the Army with a wide variety of education and life experiences,” Allen said. “I believe this is a constructive outlet to allow them to be a part of something bigger than themselves; a way to reinforce the Army Value of selfless service.”

The group doesn’t just give input on what furniture goes in their barracks, the group has solicited senior NCOs to give classes on a number of subjects. The council also recently



The Apple Tree fundraiser allows volunteers the opportunity to choose a child’s name off the tree and purchase back-to-school supplies for that child in order to assist those Soldiers who may have large families or need a little help in purchasing the lengthy list of required back to school supplies.

set up an “Apple Tree” fundraiser, where volunteers can choose a child’s name off the tree and purchase back-to-school supplies for that child. The fundraiser assists those Soldiers who may have large families or need a little help in purchasing the lengthy list of required back-to-school supplies.

“The junior enlisted are taking over, learning the meaning of Army family and selfless service and finding imaginative ways to give back to the organization,” said Allen. “This takeover though, is a welcome one; TAMC will surely flourish under this coup.”

(From left to right) Sgt. Gregory Duque, Sgt. Tamara Miguez and Troop Command Sgt. Maj. William Allen, pose for a picture in front of the “Apple Tree.”



A military career concludes, a new chapter in a family’s life begins

At seven in the morning, the summer sun was already shining hot and bright. I found space among the passengers on the train platform. My husband, Francis, hastily parked my luggage at my feet, inadvertently nicking my toe in the process.

“Ooo, sorry Hon, but I’d better get to work ... call me when you get to your mother’s.”

He leaned down to give me a quick kiss goodbye, wearing his khaki uniform — buttoned, tucked, pinned and polished. In 22 years as a Navy wife, I’ve become quite accustomed to goodbyes, but this one felt different.

I observed the other passengers waiting, and drew conclusions about their lives. A sleepy student, a hip grandmother, an arrogant businessman, a frumpy divorcee. It dawned on me that they had taken notice of Francis’ uniform, and deduced, “A military family.”

The uniform that I scrubbed ink stains out of, ironed countless times, hung on the back of the kitchen door, and often took for granted, had defined us for more



than two decades.

The uniform dictates that I am a military spouse and our kids are “military brats.” It is a sign that Francis has dedicated his career to military service. It tells a tale of duty, deployments, separation, transition, challenges, hardships, patriotism, pride and adventure. The uniform speaks to the strength, resiliency, and courage of the people who wear it, wash it, and hang it on the back of their kitchen doors.

At our wedding in 1993, Francis was a young Navy lieutenant and I was brand-new attorney. Within two years, we rocked our baby boy, Hayden, in base quarters in Monterey, Calif. at the Naval Postgraduate School. In another couple years, we were in rural England, where Anna was born by an Irish midwife, and

where Francis drove a beat-up Fiat on dark, winding roads to stand the watch. A few years later, we were in Virginia Beach, where Francis completed a sea tour, three shore tours, and a year-long deployment to Djibouti while our family grew to include our youngest daughter, Lillian.

After a three-year adventure in Germany, where Francis worked at Africa Command, we found ourselves at Naval Station Mayport, Fla., where we could see dolphins, frigates and destroyers in the Atlantic waves just outside our base house’s kitchen window. Now, in Rhode Island at the Naval War College, we watch our children use their skills as military kids to succeed in high school and college.

A rooster suddenly crowed from behind a house across the tracks, bringing me back to the present. I gulped hard, remembering that at the end of the month, after 28 meaningful years of military service, Francis is retiring from the military.

“Where do we go from here?” I won-

dered, squinting at the sun’s reflection on the tracks. Francis and his uniform were long gone, and I was there, just another passenger on the crowded platform. Is this what it’s like in the civilian world?

“Stand clear of the yellow line, fast train approaching,” blared from the loudspeakers. Instinctively, I gripped my heart, as a flash of metal and momentum blew by, sucking the air from my chest and clearing the cache of my wandering mind.

With newfound clarity, I realized that our military identity lies deep within our hearts, not in outward signs and symbols. In a month, Francis’ uniform will be stored in the back of the hall closet, but our family will always be military, through and through.

The Number 95 arrived right on time, and as I stepped off the platform and onto the train, I knew that our military life was not coming to an end. We are on to the next stop as our journey continues.

(For more from Lisa Smith Molinari, see her blog at www.themeatandpotatoesoflife.com.)

Army public health promotes tick testing

ARMY PUBLIC HEALTH CENTER, PROVISIONAL
News Release

WASHINGTON — As the summer season swings in to full gear, Army public health officials want to ensure that Department of Defense personnel are aware of a free service to help combat the threat of tick-borne diseases.

The Army Public Health Center (Provisional) provides a tick identification and testing service for DOD health clinics in the continental United States. This service is known as the DOD Human Tick Test Kit Program, and it serves as a “first alert” for tick-bite patients and their health care providers.

Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever and viral diseases.

Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission.

“When patients locate a tick on them, they should not panic and should take their time to remove the tick properly,” said Ellen Stromdahl, an entomologist with



Photo by Graham Snodgrass, Army Public Health Center (Provisional)

The lone star tick is the most common tick found in the southeastern U.S. One effective precaution people can take to prevent a tick bite is to recognize and avoid tick habitats.

the Army Public Health Center. “If you remove attached ticks promptly, you can prevent tick-borne disease.”

In order to remove a tick, Stromdahl recommends

certain guidelines.

“Remove the tick with tweezers,” said Stromdahl. “Do not burn it or use soap, gasoline, Vaseline or other chemicals. Once the tick is removed, thoroughly cleanse the bite with alcohol and apply antibiotic ointment to the bite.”

Most tick bites cause irritation and itching immediately, but Stromdahl said this does not indicate disease transmission.

Finally, Stromdahl says ticks that have been removed from people should be saved for identification and testing. Military personnel and DOD civilians should place the tick in a jar or ziplock bag and take it to the local military medical treatment facility, where health care providers will forward the tick to the Army Public Health Center (P) Tick-Borne Disease Laboratory.

Army public health professionals will then identify the tick and perform disease testing. The results of identification will be reported to the submitting medical treatment facility upon receipt of the tick, and test results (negative and positive) will be reported within a week.



Photo courtesy of Walter Reed Army Institute of Research

The yellow fever mosquitoes (*Aedes aegypti*) are reared in the WRAIR insectary by the thousands for use in pre-clinical Zika vaccine experiments and for research into new vector control products and methods.

Avoid mosquito bites with these tips

TRICARE
News release

The American Mosquito Control Association reports that over one million people worldwide die from mosquito-borne diseases every year. This summer, TRICARE wants to help you avoid their bites, which are not only irritating, but can also carry diseases that make both people and pets very ill.

Mosquito bites can cause severe skin irritation because of an allergic reaction to the mosquito’s saliva. This is what causes the red bump and itching. But that’s not all. There are several well-known diseases transmitted by mosquito bites:

- Malaria
- Dengue
- Dog Heartworm
- Eastern Equine Encephalitis
- West Nile Virus
- Zika Virus

This is a shortened list, as there are numerous others. You can protect yourself and your family from mosquito bites by taking a few simple precautions.

First, wear long-sleeved shirts, pants and well-covered clothing when the weather permits. Wear light colored, loose fitting clothing. Studies have shown that some of the 174 mosquito species in the United States are more attracted to dark clothing and most can readily bite through tight-fitting clothing.

Next, you should wear insect repellent. There are many different kinds of insect repellent, but the Centers for Disease Control and Prevention recommends products that have at least one of the following active ingredients; DEET, Picaridin, IR 3535, or oil of lemon eucalyptus. Choose the lowest concentration of DEET that will provide the coverage you need and be sure you read the labels to find out how much product is in the repellent.

Get rid of any standing water around your house — mosquitoes lay their eggs near water and they don’t need a lot. Check and empty children’s toys, clear roof gutters of debris, avoid water collecting on pool covers and repair leaky outdoor faucets. Be sure to clean pet dishes and birdbaths regularly.

For more information, visit the Mosquito-Borne Illnesses page on the Military Health System website. See www.health.mil and enter mosquito-borne illnesses in the search box. If you have traveled internationally recently, and develop a fever, headache, rash, muscle or joint pain, visit your healthcare provider immediately and tell them about your travel. To find a provider near you, visit the TRICARE website at www.tricare.mil.